



# Northampton Parks & Recreation Aquatic and Family Center



Located at JFK Middle School, 100 Bridge Road, Florence, MA 01062

## POOL SCHEDULE August 2023

- Check schedule carefully. Call ahead to inquire about lane availability.
- Proper swimming attire is required, no cotton clothing.

### MONDAY

6:45 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (7 - 7:40 am) [NO Open Swim]

7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim with Diving Board

4:15 - 5:30 pm - Lap swim (4 Lanes) Open swim NO Diving Board

5:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

### TUESDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap or Open swim

7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim with Diving Board

4:15 - 5:30 pm - Lap swim (4 Lanes) Open swim NO Diving Board

5:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

### WEDNESDAY

6:45 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (7 - 7:40 am) [NO Open Swim]

7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim with Diving Board

4:15 - 5:30 pm - Lap swim (4 Lanes) Open swim NO Diving Board

5:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

### THURSDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap or Open swim

7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim with Diving Board

4:15 - 5:30 pm - Lap swim (4 Lanes) Open swim NO Diving Board

5:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

### FRIDAY

6:45 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (7 - 7:40 am) [NO Open Swim]

7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim with Diving Board

4:15 - 5:30 pm - Lap swim (4 Lanes) Open swim NO Diving Board

5:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

### SATURDAY

9:00 am - 1:00 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board

1:00 pm - 3:00 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

### SUNDAY

10:00 am - 3:00 pm - Free Senior Swim for Northampton Residents (55 and older)

10:00 am - 1:00 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board

1:00 pm - 3:00 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

FOR MORE INFORMATION  
& TO REGISTER



OPEN YOUR CAMERA APP ON YOUR PHONE  
& FOLLOW THE PROMPT

**AFC will be CLOSED Monday August 14 - Monday August 28** (Annual Maintenance)

**OPEN SWIM:** The diving board, where indicated, and 3 lanes are open for leisure swim.

**LAP SWIM:** Designated lanes for swimming laps and aquatic fitness use

**LAP SWIMMING ETIQUETTE; PLEASE READ:** Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim *LAPS* in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

**Aquatic & Family Center 413-587-1046**  
**Parks & Rec Office**  
**413-587-1040**

[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)



# AFC CLOSED FOR ANNUAL MAINTENANCE

**AFC  
CLOSED**

27	AFC CLOSED	28	29	Lap (3 Lanes) / Open Swim (with Diving) 7:45-8:45am Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) Open Swim (with Diving) 5:30-7:30pm	30	Lap (3 Lanes) / H2O Aerobics 6:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:15pm H2O Aerobics / Shared Open Swim (NO Diving) 5:15-6pm Lap(3 Lanes) / Open Swim (with Diving) 6-7:30pm	31	Masters (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) Open Swim (with Diving) 5:30-7:30pm	<div>Daily Pool Lap/Open Swim Fees</div> <div>Resident: Adult / Senior / Youth: \$5.00</div> <div>Non-Resident: Adult / Senior / Youth: \$8.00</div>	Revised 8/17/23
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